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TARAJI P. HENSON ON OWNING THE ROOM IN THE FOX HIT. PAGES 14-15



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Snowfail 2015. Juno shuts down New York, for less than a foot of snow. PAGE 02

What #@!% blizzard?

Manhattan resident Brooks Smith, 2, plays on a pile of snow on the Upper East Side. / GETTY IMAGES

Public housing residents smell a rat

PAGES 6-7

Interior design that won't break the bank

PAGE 17



Blount could be key for Patriots in Super Bowl

PAGE 21

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1 NEWS

Top 3

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1 'Post-"blizzard"
NYC reopens
after forecasters'
"imprecise science"

2 'Blizzard 2015
is Big Bust and
#SnowJob2015'

3 'Chris Tully was
needed by the
world, "If only for a
little while," friend
says'



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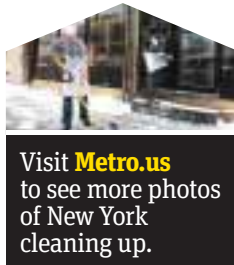
Maintenance worker Alfredo Morales, 55, blows snow in front of the playground entrance at P.S. 117 in Bedford-Stuyvesant. / MILES DIXON, METRO

Cuomo blindsides city on MTA closure

Shutdown. Mayor de Blasio says he learned of subway closure only minutes before public.

New York City officials learned of Gov. Andrew Cuomo's decision to shut the city's subways and buses minutes before it was publicly announced, Mayor Bill de Blasio said Tuesday.

"We found out just as it was being announced," de Blasio told reporters at City Hall, hours after the city awoke to find itself under a mild blanket of snow, hardly the catastrophe that had precipitated



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the first full-scale shutdown of mass transit ever for a snowstorm. Service kicked back in at around 9 a.m. and was still far below normal weekday service by evening.

"We understand that a 4:45 p.m. announcement of a closing at 11 p.m. is relatively short notice, but we wanted to get the best, most timely information before we made the

Quoted

"We found out just as it was being announced." de Blasio

decision, and the public clearly got the message," Cuomo spokeswoman Melissa DeRosa said in a statement. "It was the right decision, as was closing the roads, given the information at hand."

Cuomo defended his administration's decision, citing a 2014 blizzard that left Buffalo under 7 feet of snow.

"I'm not going to make that mistake again," Cuomo told reporters in Suffolk County.

Even so, the 5.5 million daily transit riders were mostly out of luck as trains and buses slowly

rolled out again by the late morning.

Small businesses that rely on day-to-day transactions will lose at least a day's worth of business, said Manhattan Chamber of Commerce President Nancy Ploeger, who nonetheless said the governor and mayor made the right call.

De Blasio's office couldn't immediately provide estimates on how much response to the storm would cost.



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Attack

Police shoot knife-wielding stabber on Lower East Side

A police officer shot a knife-wielding man five times after the suspect repeatedly stabbed a woman in a Manhattan apartment Monday night.

Cops responded to an emergency call over a family dispute at 338 Madison Street on the Lower East Side at around 11:30 p.m. and forced through the apartment door after hearing a woman cry out she was being stabbed.

Once the cops were inside, the man stabbed the woman multiple times.

At least one officer fired a stun gun to no effect.

That's when a single officer pulled out his gun and fired five shots, striking the attacker three times — twice in the torso and once in the arm.

Both the man and woman were immediately rushed to Bellevue Hospital, where the woman is in stable condition, and the man in critical but stable condition.

CHESTER JESUS SORIA



Shown is the 12-inch knife used by the stabbing suspect

NYPD

Analysis. Subways are made for blizzards

Generally, when a blizzard nears, express trains run on local tracks so idle subway cars can be stored underground, and service along the lines that operate in open trenches (the A in Queens, the N in Brooklyn) stops until the snow is cleared.

The plan's worked well, letting the city operate largely as normal.

On Monday, the plans changed. With little consultation with the MTA, Gov. Andrew Cuomo announced subway service would be suspended entirely beginning at 11 p.m. This would ensure New Yorkers were not out in dangerous conditions.

But New York City doesn't operate in a world of ideals. Instead,

nurses working late shifts, janitors and bartenders couldn't get home.

Still, empty trains ran through Monday night into Tuesday, both to clear the tracks of snow and because stopping and restarting the trains would have taken far more time than Cuomo had allowed.

New York's subway system is designed to oper-

ate in a blizzard. To keep people off the streets, it should operate throughout a bad snowstorm. Whether the governor likes it or not, the city that never sleeps and the workers who run it need the trains, no matter the snow.

Benjamin Kabat is the editor of SecondAvenueSagas.com.

Find him on Twitter at @2AvSagas.



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New Yorkers dodge Juno's wrath

Weather. Residents think shutting down roads and trains kept the city safe.

New Yorkers spent Tuesday digging out the few inches of snow that Juno brought to New York City, and began commuting to work after mass transit started running again midmorning.

Central Park had slightly less than 10 inches of snow by the early afternoon, much less than the multiple feet the city prepared for over the past few days.

Blowing snow and partly sunny skies are forecast for Wednesday, with high winds and a wind chill as low as zero, according to the National Weather Service.

In the Bronx, Crisman Matos had plenty of shoveling to do. Matos'



Stefan Marcali's (left) moving company didn't miss a step, despite the storm, while others took advantage of the snow day to play. / PHOTOS: WENDY JOAN BIDDLESCOMBE (LEFT) AND MILES DIXON, METRO



Queens, Brooklyn and the Bronx in under an hour, after the travel ban was lifted. Marcali said he had to pick up his moving guys since the subway shut down.

"I'm doing this for 14 years, and they [never] shut down the roads for three or four feet of snow," Marcali said. "This year, I think they did a good job."

"I haven't taken the train in about three years, that's how it affected me. I don't even recall the fare being \$2.75, I thought it was \$2.25," said Sean John, 22, who was sipping tequila after his shift at Montefiore Medical Center in the Bronx, sitting on a snowy bench for the 4 train to take him to the South Bronx.

"I think [Mayor Bill] de Blasio did a good job," John said.

Snowfall

18-24

Expected inches of snow

9.8

Actual snowfall, in inches, in Central Park at 1 p.m. Tuesday, 10.7 inches at JFK, 7 inches in Park Slope

black Toyota was buried above the wheels after he parked it on Van Cortlandt Avenue overnight. The National Weather Service measured 11.8 inches of snow at the nearby Bronx Zoo.

Matos, a livery cab driver, said he needed to get his car back on the road so he could start picking up passen-

gers and making money. Even with the potential to lose out on work, Matos wasn't critical of the city's decision to shut down roads and mass transit overnight.

"Lives are more important," Matos said. "They did a good job. It's a lot of snow."

Shortly before 11 a.m., Stefan Marcali shoveled a

path from a Grand Concourse sidewalk to his moving van.

Marcali, 30, the owner of Simply Moving, said his company would be working to move people out of their apartments as scheduled.

The roads were clear of traffic and enough snow for Marcali to pick up multiple workers in



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NYC test to combat rats

Vermin. Public housing residents say the city's plans to fight the problem leaves the neediest behind.

After about an hour of sitting in the basement of an Upper West Side church, Carmen Quinones grabbed her coat and walked out in the middle of a community presentation on how the neighborhood can rid itself of rats.

Quinones, 56, lives less than a 10-minute walk away, in the Frederick Douglass Houses on Amsterdam Avenue, where tenants have been fighting rats for longer than Quinones can remember. She moved in 41 years ago.

A new pilot program run by the city's Department of Health that targets the rats in her neighborhood doesn't include public housing.

"This meeting isn't for us," Quinones said after she walked out from the church. "When you have something like this, you have to include everybody."

The rat problem at Douglass Houses and in the Manhattan Valley project between Riverside and Central Parks is well-documented.

To combat a growing rat problem across the city, the Health Department recently launched a "rat reservoir" pilot program in six neighborhoods. The aim is to cull rodent populations in neighborhoods with persistent infestations by partnering with public and private property owners to control rats.

New York City Housing Authority properties are not part of the program.

"Some of the neighborhoods selected for the limited pilot include parks, NYCHA housing, public schools and other government-managed properties as well as pri-



A Douglas Houses' tenant found a dead rat in his bathtub. / HANNAH MATTIX, METRO

vately owned commercial and residential buildings," a spokeswoman for the Health Department said in

a statement.

Both agencies told Metro they coordinate with each other on how to

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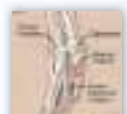
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raises eyebrows

target rat-control problems within public housing, particularly in Douglass.

"The development is being treated several times a week. Moreover, residents are encouraged to not leave household garbage in front of the buildings as it can help perpetuate the rat problem," a NYCHA spokesperson wrote in a statement.

The Health Department also said it conducts walk-throughs with NYCHA exterminators and responds to 311 complaints, and offers presentations not unlike the one Quinones walked out of about how residents can help kick the rats out.

A 311 operator told Metro that rodent complaints in public housing should first be filed with building management. If NYCHA does not fix the problem, residents can then file a complaint with 311.

Quinones said she went to the gathering to find out what the Health Department could do to

help her and her 4,500 neighbors at Douglass. Short of more classes and walk-throughs, the answer was nothing, Quinones said.

As a part of the two-hour-long session in the church, residents in and around the reservoirs sat through a slideshow and asked questions on the signs of infestation — such as droppings, body oil stains and gnaw marks — and what they can do to kick rats out.

At the end, participants were rewarded with rat-proof trash bins, all of which were taken by the end of the night.

Quinones left long before the bins were distributed. She later told Metro the bins might help people who aren't required to go through a public housing agency to fix their homes.

"It's a slap in the face," Quinones said.

Quoted

"The development is being treated several times a week. Moreover, residents are encouraged to not leave household garbage in front of the buildings as it can help perpetuate the rat problem."

NYCHA spokesperson, in a written statement

Douglass

4,500

Quinones said she went to the gathering to find out what the Health Department could do to help her and her 4,500 neighbors at Douglass. Short of more classes and walk-throughs, the answer was nothing, Quinones said.



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Carmen Quinones is trying to help rid Douglass Houses of rats. / MILES DIXON, METRO

Region of rats

The Department of Health's rat reservoir pilot program is limited to neighborhoods in northern Manhattan and the Bronx.

6 blocks in East Harlem
Manhattan

27 blocks in the East Village
Manhattan

5 blocks in Manhattan Valley
Manhattan

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How did you get the job?

While I was at NYU, a Viacom recruiter placed me as an intern within the department. I spent the following summer in Europe with no idea that they were trying to contact me to take over a full-time position. I hadn't been looking for a day job, so when I finally got the message via Facebook, I was surprised and flattered.



Coco Robert / PROVIDED

Right, you're also a DJ. How did you get into that?

I met a lot of people working in music, including an agency founder who offered to teach me to DJ and soon after arranged my first bookings.

How often do you DJ?

I'll work four nights some weeks and take others completely off. But I'm always putting hours into it in some shape or form, whether that means practicing or seeking out a contact at a new venue I'm interested in.

Bio

Coco Robert

Residency: Tribeca

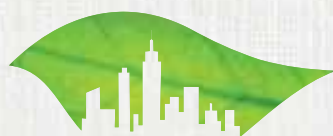
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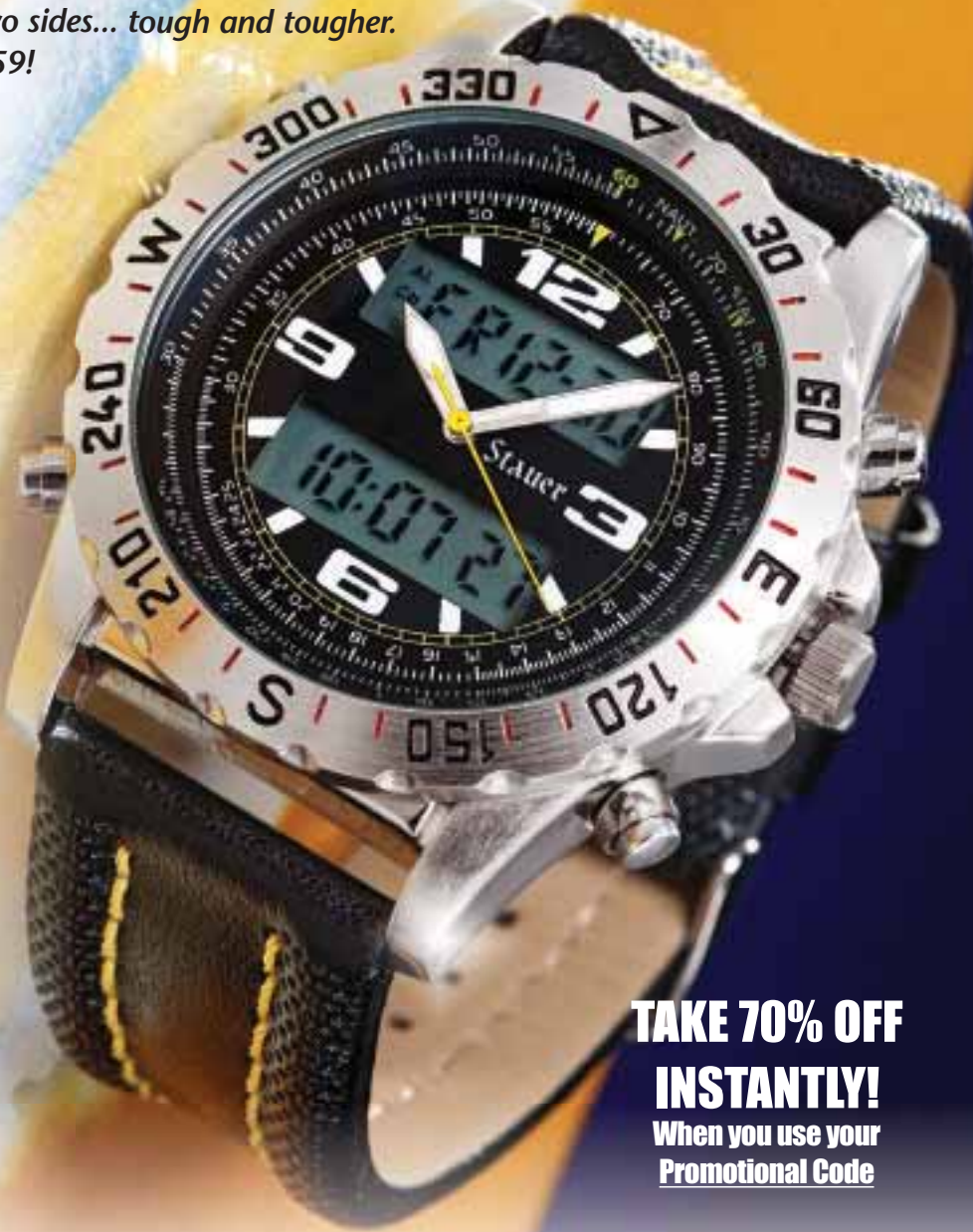
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Bergdahl to face desertion charges

Current duties. The Army sergeant is stationed at Fort Sam Houston in San Antonio, where he is working as a clerk.

U.S. Army Sergeant Bowe Bergdahl will be charged with desertion for disappearing from his base in Afghanistan in 2009, NBC News reported on Tuesday.

Bergdahl, who was released from captivity last year in a controversial Taliban prisoner swap, could be charged within a week, the television network said, quoting senior defense officials who were not identified by name.

How-
ever, senior

Army and defense officials contacted by Reuters could not confirm the report.

The officer in charge of the case, General Mark Milley, is reviewing facts and findings submitted by Army investigators last month and has not publicly said whether he will file charges, said spokesman Jim Hinnant. Milley heads the Fort Bragg, North Carolina-based U.S. Forces Command.

Milley is expected to make a decision soon on whether the findings merit a court-martial or some form of administrative

punishment. The general also could decide no action against Bergdahl is warranted.

Bergdahl's attorney, New Haven, Connecticut-based Eugene Fidell, declined to comment on NBC's report.

If officials conclude that Bergdahl broke U.S. military law, they could force him to forfeit hundreds of thousands of dollars in back pay accumulated during his captivity and give up future benefits, NBC said.

REUTERS

Years

5

Bergdahl, who spent five years in captivity after leaving his post, was released in May in exchange for five prisoners from the U.S. prison in Guantanamo Bay, Cuba. The deal was blasted by some Republicans, and some of his fellow soldiers called him a deserter.



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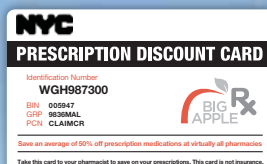
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Virtual-reality headsets have a future in movie making. / GETTY IMAGES

Virtual-reality invasion gives filmmakers new outlook

Festival programmer. The number of virtual reality projects at Sundance has almost tripled since last year.

On a packed jet headed to the Sundance Film Festival last week, a Samsung Gear VR virtual-reality headset made its way across the aisles from one Hollywood participant to the next who wanted to check it out.

Its owner is Ted Schilowitz of 20th Century Fox, a "Fox Futurist" according to his business card. He traveled to Sundance to exhibit a virtual-reality clip based on the studio's film "Wild," which stars Reese Witherspoon and was released last year.

The goggles immerse viewers in a new world that takes them beyond traditional movie-watching and puts them right in the middle of the action. Hollywood is jumping in, too, at Sundance, the Robert Redford-run film festival

known chiefly as a showcase for independent films. This year, the auteurs share the spotlight with Samsung and Google Inc., which is giving away 8,000 of its low-tech Cardboard VR devices, and tech-centric studio executives like Schilowitz, who spoke on a standing-room only panel as part of the festival's New Frontier program.

"The New Frontier was always the thing I had to drag people to at Sundance," Schilowitz, who has been attending for more 15 years, said Saturday after the session, which had to turn some visitors away. "Now everyone wants to come to us."

Hollywood has been grappling with technology on multiple levels. Online players such as Netflix Inc. and Amazon.com Inc. compete with movie theaters for audiences' time, while also creating new markets for films, especially smaller ones.

New formats such as virtual reality create artistic opportunities, but commercialization is a challenge. **BLOOMBERG**

Swearing in

Two officers shot, suspect killed in Minn. city hall shooting

A man shot two police officers shortly after a swearing-in ceremony at a city hall in a Minneapolis suburb on Monday night and then was fatally shot by other officers in a rapid exchange of fire, authori-

ties said.

The two police officers were in good condition and were expected to survive after the shooting at the city hall in New Hope, Minnesota, Chief Deputy Mike Carlson of the Hennepin County Sheriff's Office told a news conference.

Carlson said authorities were not looking for any additional suspects.

Quoted

"Two officers were struck by the gunfire, other officers were able to return fire, subsequently killing the suspect."

Carlson

He did not identify the officers who were shot or the suspect and took no questions after reading a brief statement.

Two new officers were sworn in shortly after 7 p.m. near the start of a regular city council meeting and were fired at just after they left the council chambers by an adult male, Carlson said.

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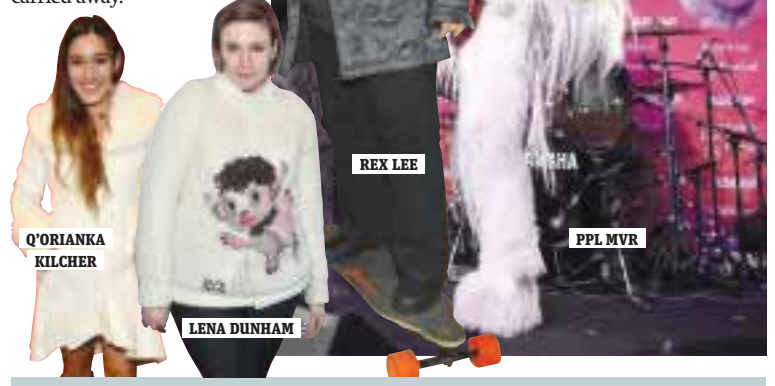
Seen at this year's Sundance Film Festival

JASON MOMOA



Some creative takes on keeping warm

Doing Sundance right is all about bundling up, as Lena Dunham, Q'orianka Kilcher and Rex Lee clearly understand. But the band PPL MVR got maybe a little carried away.



Q'ORIANKA KILCHER

LENA DUNHAM

REX LEE

PPL MVR

ERYKAH BADU

Competition for Tallest Hat in the West is pretty fierce

A big part of keeping warm at Sundance is keeping your head covered. And while some stars, like Spike Lee and Bobcat Goldthwait, go traditional, others are getting, let's say, a bit creative. But what else would you expect from Erykah Badu?

SPIKE LEE



BOBCAT GOLDTHWAIT

Those poor musicians

For some reason, some sadistic, twisted photographer keeps making Sundance Music Cafe acts like Harry Draper, Jack Sedman and The Family Crest go outside onto the slopes totally underdressed to take photos. Someone get these musicians some cocoa.



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Super eats for the Super Bowl



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If you're planning to watch the Super Bowl at a bar this year, your options are plentiful. And even though neither team calls New York home, it's not hard to find bars that can make Patriots and Seahawks fans feel that hometown vibe. While every sports bar will be showing the game, these offer a little something extra.

McSwiggan's

393 Second Ave. Carlow East, a favorite Seahawks spot, is already selling overflow tickets for McSwiggan's, so no Seattle fan is left out in the cold. Don your Seahawks green finery and watch the game

with an open bar and buffet from 6-11 p.m. Tickets are \$125 through Paypal or \$100 cash. Seven days a week McSwiggan's offers \$3 drinks from 4-7 p.m. and midnight-1 a.m., plus tons of other discounts.

Professor Thom's

219 Second Ave. This is the place to be if you want to root for New England on Sunday. Doors open at noon with tons of specials, giveaways and craziness. Get there early for bar seating or be prepared to stand. The Go Blue Burger starts at \$7.95, but if you're with a group go for the massive triple nachos for \$26.95.

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MONICA DINATALE

Monica DiNatale is a Deals Expert and Author of "365 Guide New York City," a treasure trove of restaurant and bar specials, out in paperback and e-book. She has been featured as the Dining Expert for PIX 11 and "Good Day New York."



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Who gets to run hop producing

Interview.

Taraji P. Henson on Cookie's big plans for son Jamal.

It's not often that a network drama can be compared to Shakespeare, but Fox's "Empire" quickly drew comparisons to the plot of "King Lear." In fact, one of the characters even mentions it. The story of hip-hop magnate Lucious Lyon has some obvious parallels to "Lear," given Lucious' concerns about his mortality and which of his three sons is most qualified to inherit the kingdom. But one way the show strays from Shakespeare is in the character of Cookie, Lucious' ex-wife and a recent parolee. Played with verve and powerful presence by Taraji P. Henson, Cookie shakes up the established order of the world of "Empire" by managing the career of her talented son Jamal, whose gayness is a constant issue for his father.

Cookie always seems to own the room when she comes in. How do you play that?

Who doesn't want to



"Empire" airs Wednesdays at 9 p.m. on Fox. / CHUCK HODES, FOX

walk in a room and own it? There are moments when I feel like I can't and then I punk out. I'm like, everybody's going to look at me. That's

Taraji. Cookie doesn't care. She doesn't have anything to lose. She was a prisoner for 17 years, living with some of the most horrible humans



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Dad's hip 'Empire'?



on the planet. So she knows how to walk in and own a room. You don't get many second chances in life.

She and Lucious seem to still have some chemistry. Will we see them get closer?

There's a history between them that you cannot deny. Also, there's unfinished business. You can't leave a relationship of that many years and three sons unresolved. And when it's unresolved, there's always going to be "are they/aren't they." There's going to be that

chemistry. Because that doesn't just die.

Why does she ally so quickly with Jamal?

She feels closer to Jamal. She feels like she knows him more than she knows the others because he was the only one that visited her while she was in prison. But it's not necessarily, "I love him more." The urgency to protect him because of his sexual orientation, sometimes it overshadows her love for the other boys. It's urgent.



LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

Shifting teams

Will we see Cookie forming alliances with people besides Jamal?

You will definitely see her with other alliances

with talent. She came not to just get a check from Lucious. That is her company. She wants to be very much a part of it. Don't take Cookie for a joke. She's not just some woman flailing, loud and sassy. She has a plan, and she's very smart.

TV watch list

DRAMA

'Arrow'

Arsenal and Diggle are worried about Laurel, who is determined to take on her sister's work. Meanwhile, Malcolm thinks Ra's Al Ghul is after him and wants to get out of town. **8 P.M., CW**

TALK

'Jimmy Kimmel Live'

Soccer star David Beckham is Jimmy's guest. Maybe the two of them can play a soccer match to remind us that California isn't buried in snow like the rest of us. **11:35 P.M., ABC**

REALITY

'Top Chef'

The remaining three contestants get to take a quick trip to Mexico, where they'll make food that contains prickly pear. An eliminated contestant will also return. **9 P.M., BRAVO**

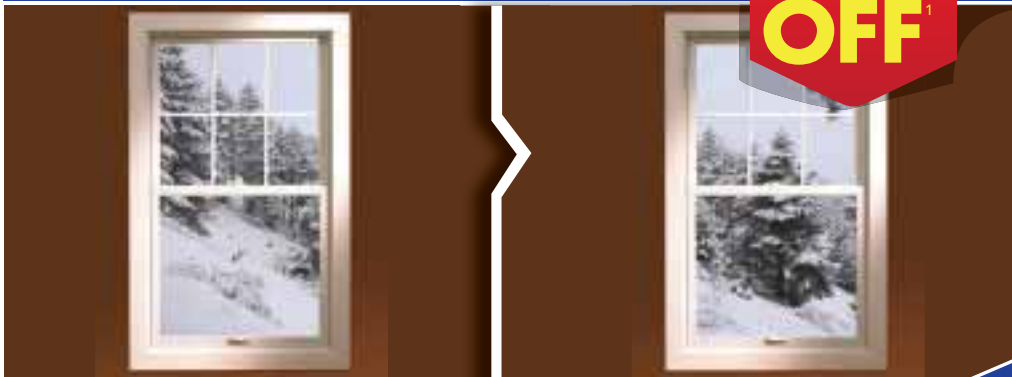
MOVIE

'Dodgeball: A True Underdog Story'

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Tom Colicchio's guide to dining



TOM COLICCHIO
NBC VIA GETTY IMAGES

"Best New Restaurant." We asked the "Top Chef" judge about the foodie landscape and what role the diner has in creating a great experience.

Tom Colicchio knows there's more to a restaurant than its executive chef. The "Top Chef" head judge and owner of seven restaurants from NYC to Los Angeles is getting out of the kitchen to show what makes a truly great spot in Bravo's new reality series, "Best New Restaurant," airing at 10 p.m.

"This show is very different from 'Top Chef,' and I think just the nature of the show is a little more

playful and fun at times," he says.

The show will go inside 16 restaurants around the country competing for the eponymous title. "It's not just about food, it's about the entire restaurant experience: food, service and hospitality," Colicchio says.

We asked him about whether the foodie landscape is changing — Austin, Texas, is better represented on the show than New York City — and what you should definitely not do (and what he doesn't mind) when dining out.

What's going on in Austin?

You have a lot of creative young people, the spaces are still reasonable, and if you can open a restaurant in Nashville, Austin or Charleston, why come



Tom Colicchio is pulling back the curtain on how a great dining experience is created. / DALE BERMAN, BRAVO

and spend \$150 a foot in NYC when you can do something for \$30 a foot? There are still young people who want to do their own thing. They're finding creative ways to do it — that's why you have pop-up restaurants, that's why you have food trucks.

Have customers become more demanding?

In larger cities, obviously you have more people who don't cook. They're working all day, they come home, the last thing they want to do is start cooking. What's

happened because of food TV is the population is expecting more.

What do you think about ordering off the menu?

If someone says to me, "I really want the striped bass but I want the garnish that's on the halibut"? Fine. I don't care. I'm not going to say what a chef should do. I can just speak for myself. If you ask at my restaurant, I would hope the answer is "Yes."

MATTHEW LEE
@Mattlee2669
letters@metro.us

Diner etiquette

Worst thing a customer can do?

I think my biggest pet peeve really is [when a customer comes in] not expecting a good time. Whatever it is, leave your lousy day behind, whatever happened in the office, leave it behind and come in and let the restaurant do its thing. The best experience you can have is when you engage with your server and enjoy yourself.



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'Big Design, Small Budget'

Decorate. Fake high-end living with designer Betsy Helmuth's tips.

Interior designer Betsy Helmuth doesn't design for celebrities. Her firm, Affordable Interior Design, is all about creating fabulous spaces for people with realistic budgets. "Our clients have their eye on the bottom line," says

Helmuth. "And most of them are renters so they're wondering, 'How much do we invest in a space that we're not going to be in forever?'"

In her new book, "Big Design, Small Budget" the bargain-hunting New York-based designer answers these questions and more. Here are her five rules for designing on a dime.



TINA CHADHA
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ALL IMAGES PROVIDED

Brighten up

For those of us with dark apartments and little to no natural light, Helmuth says go crazy with lamps. "My rule for every room is, in addition to overhead, you need three lamps," says the designer. "They create cozy pools of light, whether it's a desk lamp

or floor lamp, that feel more comfortable than overhead lighting."

Tip: "Sometimes lamps can be harsh so I get plug-in dimmers," says Helmuth, who buys hers for \$10 on Amazon.com.



Pick a patterned rug

Forget that cream Beni Ourain you have your eye on. "Pick a rug with a lively patter," says Helmuth. And by that she means a floor covering with three colors or more. "Patterns conceal pet and party stains better than solid or more simple ones," explains the designer. "If you have people over, you don't have to worry about them spilling red wine or a juice box on the rug." Another bonus:

"A lot of us can't afford really great art so a big area rug can serve as that visual interest," she says.

TIP: "My favorite place to get rugs is Overstock.com because they have a lot of high-end rugs that you'll see at other stores, like Crate and Barrel, but at significantly lower prices—and there's \$3 shipping on your entire order," says Helmuth.



Splurge on a luxe duvet

"The bed is the biggest piece of furniture in your bedroom," says Helmuth. "So if you make the thing that's on top of the bed really decadent you can save on the things around it like the sheets, nightstands and rug. No one will be the wiser." Helmuth recommends going for a duvet with texture, which masks wrinkles. "I look for one with tucks, pleating or frayed edges," she says.

Think beyond a gallery wall

Art can be expensive so Helmuth says have fun with what you have, especially if it doubles as storage. "For instance, I had this client in Brooklyn who loved to ski and needed a place to store his skis. So we hung them on the wall above the sofa, and they looked like beautiful sculptures," says Helmuth. She also loves hanging guitars and other musical instruments: "It gets them off the floor and out of your closet."



PLUS

Fake a chandelier

Love chandeliers but stuck with concrete ceilings? "I recommend getting an arching lamp and putting the shade over the center of your table," says Helmuth. She likes CB2's Big Dipper Arc Lamp (\$199).



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K.B.

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Natasha Bedingfield's secrets for glowing skin year-round

Tips and tricks.
'These words' of
beauty advice are
pure gold.

The pocket full of sunshine that is Natasha Bedingfield is known for her happy songs. You can't listen to "Unwritten" or "These Words" and stay in a bad mood. It's part of why beauty brand Philosophy enlisted her to write a song for their new "Hope & Grace" campaign. Bedingfield's new single, "Hope" is tied to the brand's new promise to give 1 percent of their total sales to mental health organizations across the country.

It doesn't hurt that the British songstress has amazing skin. We couldn't help but ask her what her secrets are:

What are your favorite beauty must-haves?

I love Tom Ford makeup. I wear Tom Ford lipstick every day. But my beauty must-have has to be a magnifying mirror. Most people stay away from them, but sometimes the lighting [in a room where you're getting ready] can be really bad, so you can



Some 20 percent of the proceeds from Natasha Bedingfield's song "Hope" will go to Philosophy's Hope & Grace campaign.
/ GETTY IMAGES

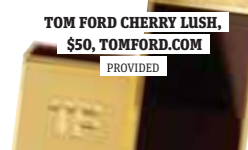
hold the mirror up and see better.

How do you keep your skin looking so great?

I cleanse religiously. I use a scrub, cleanser and moisturizer every day. And I also stay out of the sun.

Do you do any- thing different in winter for your skin?

I definitely use a stronger



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moisturizer. I also like natural oils and shea butter.

What do you put on to feel confident?

Perfume, I love. And heels give you power.

Do you have any beauty tricks?

Eyebrows are such a good thing to emphasize because they can really make your face have more shape; they help frame your face. So let them grow out, or draw them in and elongate them a bit. That's my beauty trick.

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Can you get over these blocks? Good — they only get higher. / RSHAUNMADER

A Spartan workout spares no body part

Inside the Workout. Prepare for more than some artful sweat at Epic Hybrid Training.

Trainer Alex Nicholas' start in endurance racing should give you an idea of what the goal is for the members of Epic Hybrid Training.

"I was actually looking up the movie '300' online, and when I Googled it I saw that there was this thing called Spartan races," he says.

The races — essentially a miles-long obstacle course with running, climbing and a lot of mud involved — was love at first obstacle for Nicholas. It inspired him to mold the program at Epic to include more high-intensity interval and circuit-based training, "ideal for these Spartan races."

"You've really gotta be an all-around good athlete and pay attention to all parts of your physical fitness to do well," he says.

If you go

Epic Hybrid Training

38 W. 38th St.
230 E. 53rd St.
646-450-2405
epichybridtraining.com

And if you think you can do an endurance race because you've run a marathon, think again: "This is a whole new adventure. Marathoners, they already have the mindset — but a lot of runners don't do any types of weights at all," he says. "We don't go crazy heavy in weights, but we do use a lot of kettlebells, which take agility, stability and coordination."

The workout itself, which consists of seven entirely different classes that rotate every four weeks, isn't just for the would-be warriors.

"About 30 percent [of members] do the races," Nicholas says. "A lot of people are just happy to get a workout in, ex-

cited to be part of a different style of workout. We don't put pressure on people to do the races."



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The class

SGX Spartan Inspired

Walking into Epic should be intimidating — there is nothing but a long expanse of mats and neat rows of equipment along the walls just promising a variety of ways to make you grunt and sweat.

But you're also greeted by Nicholas, who's tall and built to be on "American Ninja Warrior." (He's made two appearances.) He's also quick to smile and not a drill instructor — there is no yelling, only the rhythmic encouragement of time checks and motivational nudges to keep your sweat from drying.

The class consists of 45-second circuits of obstacle stations around the gym, from tossing and catching a 20-pound leather ball (combined with squats) to jumping from the floor onto a chest-high stack of mats, uneven monkey bars (harder than you think) and various other ways to leverage your own body weight against you so that you'll reconsider second helpings forever. If an obstacle proves too difficult, burpees pass the time.

Alex describes HIIT



Alex Nicholas / RSHAUNMADER

as "revving the engine of a car, redlining it, then bringing it back down," and that's precisely what the hour feels like. There's no part of you that gets a break, but the camaraderie between you and your partner (classes are capped at 16 and you're usually paired up) isn't like sweating side-by-side in any other class — it's knowing they've truly seen your best and worst, and were right there showing you the same. That has created a community that extends beyond the walls of the gym — members regularly sign up and travel together to races even well outside of town, like a recent Spartan race at Fenway Park in Boston.

Bottom line: It might be the hardest workout in the city — and even if you didn't start out wanting to race, by the end you may reconsider.

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Horoscope

Aquarius | Jan. 21-Feb. 18
Travel and romance will go hand-in-hand. Your warm heart will attract many new acquaintances. Get involved in competitive sports.

Pisces | Feb. 19-March 20
Don't take chances while operating machinery or equipment. You will be misunderstood if you aren't precise.

Aries | March 21-April 20
Love can be hot, as long as you avoid getting trapped in a one-sided relationship. You will be lazy and will lack discipline when it comes to your fitness program.

Taurus | April 21-May 21
Concentrate on your domestic chores before your family complains about your lack of helpfulness. You may feel a little under the weather.

Gemini | May 22-June 20
You can meet people with influence if you attend intellectual events. Don't exaggerate your talents. You may find yourself embarrassed.

Cancer | June 21-July 22
Erratic behavior by you or your partner will lead to sudden changes in your living arrangements. Consider going for professional help.

Leo | July 23-Aug. 22
Opportunities for financial gains are prominent. Lady Luck is with you, and your insight into making choices will be advantageous.

Virgo | Aug. 23-Sept. 22
Don't put off a doctor's appointment just because you are feeling a little better. Stress is probably at the root of your problem. Rest will be necessary.

Libra | Sept. 23-Oct. 22
A romantic encounter will be stressful. Mixing business with pleasure could be fun, but highly dangerous as well.

Scorpio | Oct. 23-Nov. 21
Your hard work will pay off. You should feel satisfied and confident about your professional direction.

Sagittarius | Nov. 22-Dec. 21
Start those hobbies you've been thinking about. One of them may turn into a lucrative pastime. You can make changes that will enhance your appearance.

Capricorn | Dec. 22-Jan. 20
Deception is apparent when dealing with family or children. You may want to put some energy into beautifying your living quarters.

EUGENIA LAST

Letters to the editor

Get tested for prostate cancer every year

I would like to express my views on prostate cancer, a most common disease in men. This can be a most dangerous disease when undiscovered, not properly diagnosed and left untreated. About 30,000 men will die nationwide this year of prostate cancer, and one out of seven will develop this disease, as reported by North Shore/LIJ information division.

The answer is early detection and treatment. I understand that only too well. I have just been diagnosed last week with an aggressive prostate cancer and my doc-

tor recommends that the prostate be removed and I will undergo the procedure next month. I have been tested for the disease over the last 10 years and had a low PSA rating, but failed to get the test in 2013 and that could have made the difference.

Now I have to undergo a more aggressive procedure. I guess I thought I was too busy for a physical check-up. I therefore urge all men to get tested over the age of 55 to get tested. Prostate cancer is the most curable cancer when treated.

FREDERICK R. BEDELL JR.,
VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

		8			2	3		
6	7				5		8	2
		9	4				1	6
			6			7		1
9		1			4			
1	3				7	4		
4	8		2				7	3
		7	3			6		

			7					
9	7			6	5			2
				9	8		3	
		4	6		7		9	5
	1						7	
7	2		5		4	6		
	8		3	7				
1			2	5			8	3
				6				

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 Narrows the gap
- 6 Mince
- 10 Stick
- 14 Michael Caine role
- 15 Curved molding
- 16 Take cover
- 17 Plaid wearers
- 18 Glowing ember
- 19 Clay pot
- 20 July's flowers
- 22 Less courteous
- 23 Thailand, once
- 24 Pencil ends
- 26 Goose egg
- 29 Bullfight bravos
- 31 Double helix
- 32 Turkish official
- 33 Historic ship
- 34 Mythical sailor
- 38 Futons and pallets
- 40 Young Cratchit
- 42 Cartoon chipmunk
- 43 Dependable
- 46 Lunch hour, often
- 49 Part of UCLA
- 50 London lav
- 51 Inner —
- 52 Mouse alert
- 53 Skies above
- 57 Costa —
- 59 Radius neighbors
- 60 Sink in

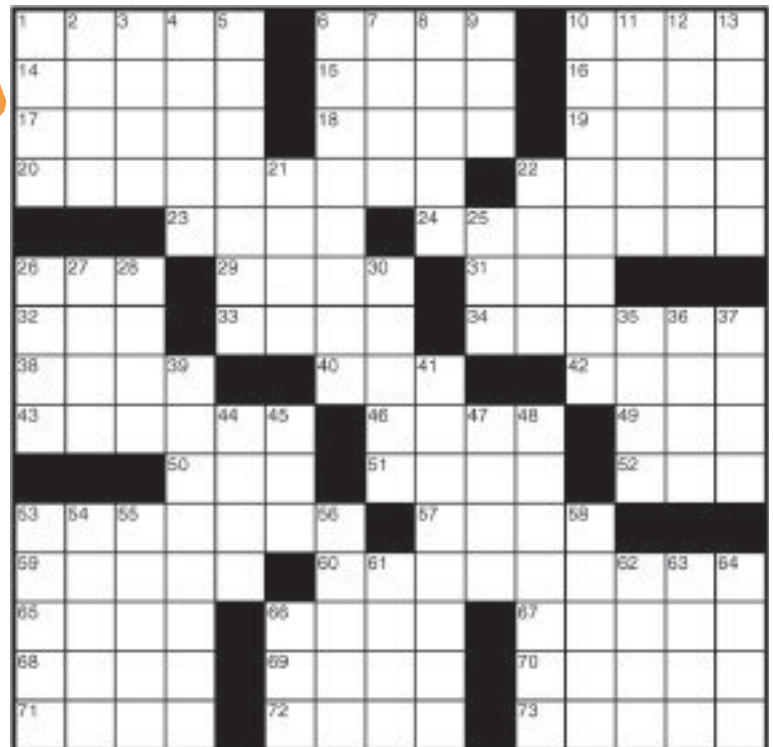
Down

- 65 A step up, maybe?
- 66 "La Vie en Rose" chanteuse
- 67 Lattice
- 68 Comics pooch
- 69 Neutral color
- 70 Batman's sidekick
- 71 Not e'en once
- 72 Pass the word
- 73 Marshy hollow
- 1 Chemist's condiment
- 2 La senorita
- 3 Way, way off
- 4 Hockey arenas
- 5 Formal meeting
- 6 Passport or visa
- 7 Inventor — Sikorsky
- 8 Desist
- 9 Moray
- 10 Grand, slangily
- 11 Playwright Oscar —
- 12 Goof-off
- 13 Forward and reverse
- 21 Sanskrit dialect
- 22 Hindu royalty
- 25 Rural rtes.
- 26 Seizes suddenly
- 27 Is this the thanks —?
- 28 Put cargo aboard
- 30 New Orleans griddier
- 35 Hay unit



- 36 Shampoo additive
- 37 Cubicle filler
- 39 Flotsam retriever
- 41 Plaintive
- 44 Forest grazers
- 45 Hither and —
- 47 Emmy relative
- 48 Honey sources
- 53 A Great Lake
- 54 Dodge
- 55 Singer — Lennox
- 56 Cloves or nutmeg
- 58 Quiver filler
- 61 British peer
- 62 "Waterloo" group
- 63 Elbow grease
- 64 Ocean flier
- 66 Boxer, maybe

Yesterday's answer



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